

## HEALTH FOR TWO PROGRAM

*Health for Two is a prenatal program that offers health information, nutrition and support to promote the health of pregnant women. They do not do intake after the baby is born.*

### **Prenatal Health Information:**

Health for Two provides practical, easy-to-use information on prenatal health and infant care. Agency staff and community health nurses can answer your questions about your health and your baby's growth.

### **Nutrition:**

Pregnant women receive milk coupons and prenatal vitamins, to help women eat well during pregnancy.

### **Support:**

Health for Two connects women to community agencies, health services, and other women in their neighbourhood. Women receive practical and social support from agency, community and health workers. Also has outreach support workers.

### **How to Contact the Health for Two Program:**

Health for Two is offered by Public Health Centres and over 30 community agencies in the Capital Region. For more information or to connect with a site near you, contact one of the following coordinators:

#### **Coordinator - Central Edmonton**

Trudy  
Phone: 780.914.4778

#### **Coordinator - North Edmonton and St. Albert**

Heidi  
Phone: 780.910.5270

#### **Coordinator - West Edmonton**

Helen  
Phone: 780.718.0250

#### **Coordinator - South Edmonton, Leduc/Leduc County, Strathcona County**

Wilda  
Phone: 780.466.7581